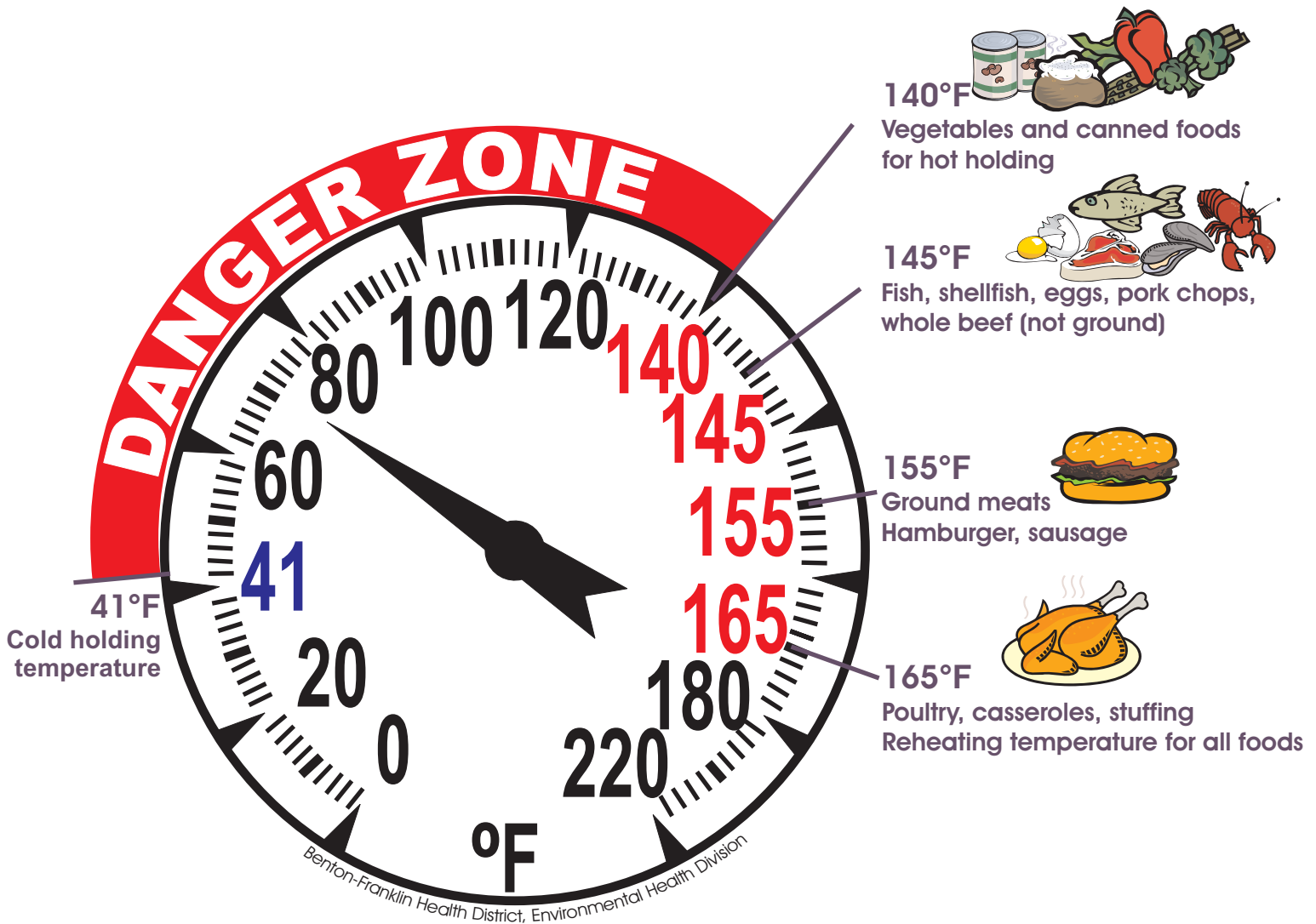


Safe Cooking Temperatures

Benton-Franklin Health District Food Service Fact Sheets



- Cooking food to the right temperature is the best way to kill germs that might be in the food.
- Temperatures must be taken with a food thermometer that is inserted into the thickest part of the food.
- All raw animal products cooked in a microwave oven must be heated to at least 165°F. The food must be covered to maintain moisture, stirred at least once during cooking, and allowed to stand covered for two minutes before serving.